

FROSTBITE HALF MARATHON

Saturday, February 17, 2007

MONTGOMERY BELL STATE PARK, BURNS TN
Part of the 28th Annual Tennessee State Park Running Tour

Park Location On Highway 70 between White Bluff and Dickson. From Nashville, I-40 West 25 miles to Hwy 96 exit going West for 10 miles. Turn right on Hwy 70 to the park entrance after 4 miles. Enter and turn left to Inn (2 Mi). Park info 615-797-3101 (ask for Frostbite discount).

Start and Finish at the Inn, 2 miles from park entrance. Race starts at 11:00 AM central time.
Course loops twice with a total distance of 13.1 miles. Major hill at 3 and 9 Mi. Water at 3, 6, 9 and 12 Mi.

Race Day Registration at the Inn from 9:00 to 10:45 AM. **Pre-register** at **Active.com**.
Long Sleeve T-shirt guaranteed to all pre-registered runners.

Awards: Five-year age groups from 19 and under with five awards in each category to 70 and over. Special awards to the overall, master, grandmaster, and senior grandmaster finishers.

Award ceremony starts at 1:30 PM.

Race director: Lynda de Paulis (615-889-1306). Info at **Lntdp@earthlink.net**.

Entry Fee is \$ 15.00 with or \$ 5.00 without shirt,
payable to FROSTBITE R.C. (Race day fee \$ 10.00)
Pre-registration deadline is February 10, 2007 (received).

Mail registration to: **Frostbite**
205 Woodland Court
Hermitage TN 37076

Frostbite Registration Name _____

Address _____ City _____ Zip _____

Age (on race day) _____ Sex _____ T-shirt Size (circle) S M L XL No Shirt

E-mail: _____ If you leave your address, the results will be sent.

Entry fees are non-refundable. Awards and shirts will not be mailed.

Waiver of Liability By entering, I, for myself, my heirs, and executors waive any and all claims for damages I may have against the Road Runners Club of America, the Tennessee Department of Environment and Conservation and the Frostbite Running Club. I also release the above named for all claims of damages, due to any personal injuries, property damage, or death sustained as a result of my traveling to and from my participation in said race. I attest that I am physically fit and have sufficiently trained for the competition in the Montgomery Bell State Park Frostbite Half-Marathon, February 17, 2007. I hereby acknowledge I have read and fully understand my own ability.

Signature _____ Date _____

(Parent signature for runners under the age of 18)